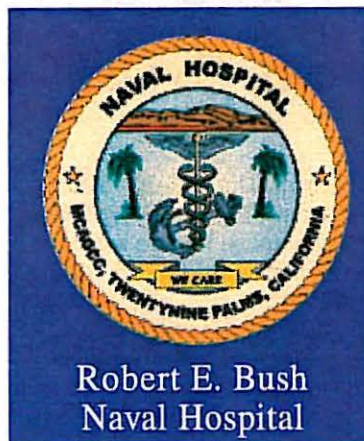


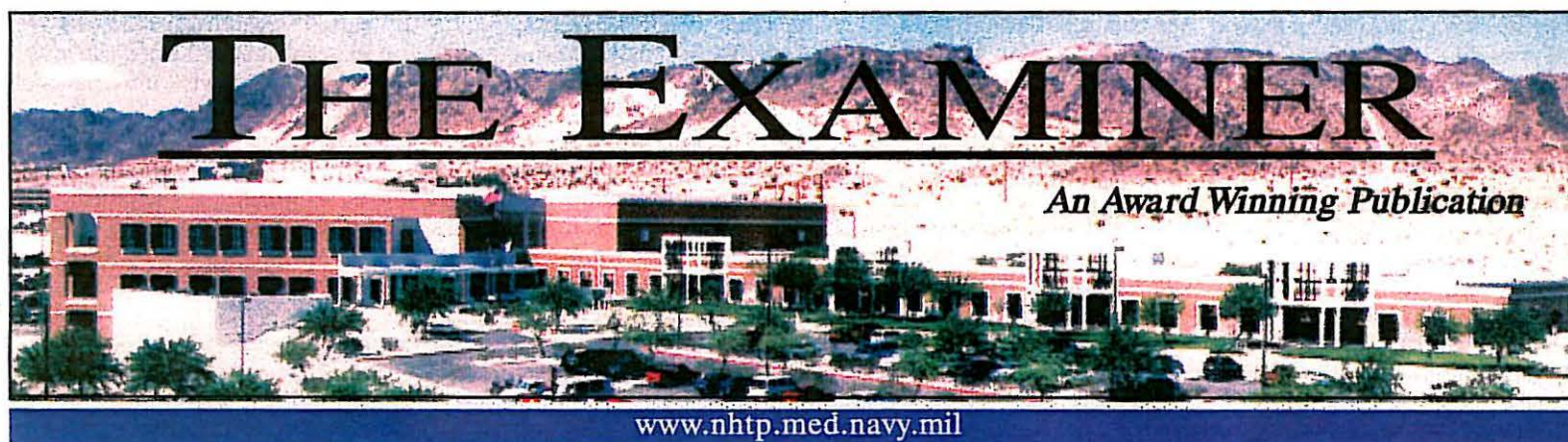
Navy History...

The rank of Chief Petty Officer was established on April 1, 1893

Happy Birthday to all Chiefs



Robert E. Bush
Naval Hospital



Branch Clinic Sailors Sweep Bluejacket Awards

By Peggy Shoaf, PAO
NAWS China Lake

The Branch Health Clinic swept the 2006 Bluejacket of the Year Award dinner Saturday night at the Paradise Community Center with Hospital Corpsman, First Class (FMF/AW) Curtis S. Trull and Hospital Corpsman Third (SW) Class Henrique J. Soares receiving Senior and Junior Bluejacket honors, respectively.

Trull joined the Navy Dec. 17, 1990, while Soares joined the service May 19, 1999. Both recently returned from Kuwait and Iraq, where Soares was injured.

The winners were presented with the key to the city by Ridgecrest Mayor Chip Halloway, who proclaimed the week of March 26 as Bluejacket week, a plaque from the Navy League and a Certificate of Acknowledgement from the Kern County Board of Supervisors, represented by First District Supervisor Jon McQuiston.



From left to right, Lt. Cmdr. Sharon Yokely, HM3 (SW) Henrique J. Soares, HM1 (FMF/AW) Curtis S. Trull, HMC (FMF) Joelito Aviado and Cdr. Thomas Driver, Branch Health Clinic officer-in-charge, attend the 2006 Bluejacket of the Year Award dinner at the Paradise Community Center in Ridgecrest, Calif., where Branch Health Clinic Sailors took top honors.

Sponsored by the Indian Wells Valley Council Navy League of the United States, the award banquet recognized the best of the Sailors and Marines serving at China Lake. Joining Trull and Soares in the competition were Electronic Technician First Class (SW) Phillip C. Perks, Aviation Ordnanceman Second Class Phillip M. Napolis, Naval Air Weapons Station China Lake; Aviation Electrician Second Class

Continued on page 3

Inside...

Did you know that your reproductive system is one of the most fragile systems of your body? It can easily get infected or injured, and if it does, you might have long-term health problems. **page 2**

Human papillomavirus (HPV) infection is a concern for girls and young women because it can lead to cervical cancer. A preventive vaccine is available, and that vaccine is now a TRICARE-covered benefit. **page 3**

Smokers have heard all of the reasons for quitting before: smoking increases their risk for lung disease, heart disease and cancer, and the habit will literally take years off their life. for a surgical procedure. **page 6**

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April is Sexually Transmitted Disease Awareness Month

Protect Your Reproductive System

By CDR Kathleen Hewitt, CNM/WHNP
Robert E. Bush Naval Hospital

Did you know that your reproductive system is one of the most fragile systems of your body? It can easily get infected or injured, and if it does, you might have long-term health problems.

Taking simple steps to prevent getting or spreading STD's will pay off both for yourself and for those you love.

What is a Sexually Transmitted Disease or Condition?

A STD is an infection or disease that you get by having vaginal, anal or oral sex with someone who already has an STD. STD's affect people of all ages, backgrounds, and from all walks of life...in the U.S. alone there are approximately 19 million new cases each year, about half of which occur among young people ages 15-24.

How could I get a STD?

You can get HIV, gonorrhea, chlamydia, and trichomoniasis if infected semen or vaginal fluids contact your vagina or the tip of the penis. For genital herpes, syphilis, and human papillomavirus (HPV or genital warts), skin-to-skin contact with sores or infected skin that may even look normal can be all it takes to get the disease. Even if you use a condom, you can get genital herpes, syphilis, and HPV through contact with infected genital areas that are not covered by a condom.

How do STD's hurt women?

A STD can increase your chances of getting HIV. It can cause pelvic inflammatory disease (PID), which may lead to long-lasting pelvic pain, infertility (difficulty or inability to become pregnant), or lead to an ectopic pregnancy (tubal pregnancy). A STD can increase your chances of getting cervical cancer; a certain strain of HPV is the major cause of cervical cancer.

What if I am pregnant?

You should be screened for STD's so treatment can begin right away. Having an untreated STD when you are pregnant can cause premature labor, or premature rupture of membranes, and cause an infection in your womb. A STD can hurt your baby by causing him/her to have problems like low birth weight, eye infections, birth defects, liver disease or stillbirth.

What if I am breastfeeding?

Talk with your care provider or a lactation consultant about the risk of passing the STD to your baby while breastfeeding. If you are being treated for a STD, ask your provider about the possible effects of the medicine on your breastfeeding baby. Most treatments for STD's are safe to use while breastfeeding. If you have HIV, you should not breastfeed, because HIV can be transmitted through breast milk. If you have chlamydia or gonorrhea, you can keep breastfeeding. If you have syphilis or herpes, you can keep breastfeeding as long as the sores are covered. Syphilis and herpes are spread through contact with sores and can be dangerous to your newborn. If you have sores on your nipple or breast, you should stop breastfeeding on that breast. Pump or hand-express your milk from that breast until the sore clears.

How can I get tested?

Talk with your care provider about getting tested for STD's, especially if you have more than one sex partner. Talk with your provider if you have not been using condoms all the time or have had condoms break or come off...even with oral and anal sex. Be seen right away if you have any unusual vaginal discharge, sores, or pelvic or genital pain. If you are pregnant, or think you might be, ask your care provider about getting tested for STD's. Even if you have been tested in the past, get retested when you are pregnant.

What symptoms do STD's

have?

Some STD's like chlamydia, HPV, and Hepatitis B may have no symptoms. If there are symptoms, they are usually mild, and you may not even be aware of them. The most common symptoms are abnormal vaginal discharge (yellow-green, foamy-appearing, odor, itching); burning while urinating; pain during sex; bleeding between periods or after sex. Genital warts, which are caused by HPV virus, may appear anywhere in the genital area, including the thighs, and sometimes on the lips or mouth. However, warts can only be present on the cervix or vagina where they can not be seen unless a provider does an exam. Warts can be

raised or flat, alone or in groups, small or large, and sometimes are cauliflower-shaped. They might also be hard to see and painless. Most people who have a herpes outbreak are very aware of the symptoms, which are small red bumps, blisters, or open sores on the penis, vagina, or on areas close by, which are very painful and burning. After exposure, the first outbreak is often within two weeks. Symptoms may go away and then come back. Sores heal usually in two to four weeks.

These are some of the most common STD's and their most common symptoms. You can get and pass many of these diseases through different forms of sex (vaginal, anal or oral). It can

take some time between getting infected and having symptoms, depending on the STD.

Sometimes you can get infected but not show symptoms. Even if you have no symptoms, you can still pass the disease on to another person if you have been infected. Seek medical help right away if you think you have an STD, or if someone you have been with has an STD. Be proactive and become knowledgeable about STD's: ask your care provider, visit informational sites on the internet ('google' STD or any individual STD; visit <http://ashastd.org>); or pick up informational pamphlets whenever you visit your health care facility. The best way to protect your body is to know

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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TRICARE Covers HPV Vaccine

By Cici Cea
TriWest Healthcare Alliance

Human papillomavirus (HPV) infection is a concern for girls and young women because it can lead to cervical cancer. A preventive vaccine is available, and that vaccine is now a TRICARE-covered benefit.

About the HPV Vaccine

The U.S. Food and Drug Administration (FDA) approved the HPV vaccine for females 9 to 26 years of age to prevent cervical cancer caused by HPV. The Centers for Disease Control and Prevention (CDC) recommends a three-dose schedule for the HPV vaccine with the second and third doses administered two and six months after the first dose. Routine vaccination for girls 11 to 12 years old is also recommended.

Because the vaccine is new, it may not be available everywhere. Also, the new vaccine does not protect against every type of HPV infection and can't prevent all cervical cancers. It is still vitally important to get regular gynecological exams and pap smears.

HPV and Cervical Cancer

The CDC reported that in 2006, approximately 9,700 cases of cervical cancer were diagnosed in the United States, and approximately 3,700 women died from the disease.

Cervical infection with HPV is the main risk for cervical cancer, as HPV can cause changes in the cervix. In fact, nearly all cervical cancer cases are associated with an HPV infection.

TRICARE West Region beneficiaries interested in obtaining the HPV vaccine should contact their physician to find out if they administer the vaccine. Beneficiaries should visit TriWest online at www.triwest.com with questions regarding their TRICARE benefits, or contact TriWest Healthcare Alliance at 1-888-TRI-WEST (874-9378).

New Patient Satisfaction Survey Pilot Released in March

WASHINGTON -- The pilot phase of a Navy-wide Patient Satisfaction Survey was released last month.

During this pilot phase, randomly selected beneficiaries receiving care at Navy Military Treatment Facilities (MTF) listed below will receive a letter via mail with detailed instructions for completing a questionnaire. Beneficiaries will be given a choice of responding via mail or online through the use of a password protected website; others will be asked to complete the survey through a phone based interactive voice response system. With all three response methods, the respondent's anonymity and all information obtained will be held in strictest confidence.

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Naval Health Clinic Patuxent
River

"The patient satisfaction survey will enable our medical beneficiaries to report their experiences with their providers and the medical treatment facilities (MTF) they visit," said Navy Surgeon General, VADM Donald Arthur. "Patient responses to the survey will be valid indicators of the quality of Navy healthcare. Providers and MTFs can use important patient feedback to take immediate

action to improve overall patient care."

Full Navy deployment of the patient satisfaction survey is scheduled for later this year. At full deployment, patients of approximately 3000 clinical providers will be surveyed.

All survey recipients are encouraged to participate in the patient satisfaction survey. Patient feedback concerning their healthcare experiences will help Navy Medicine to better serve its beneficiaries.

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BHC SAILORS TAKE TOP HONORS...

Continued from page 1

(AW) John D. Word, Information Systems Technician Third Class Jason P. Johnson, Air Test and Evaluation Squadron NINE; Staff Sgt. Timothy M. Babcock, Cpl. Joe M. Steward, Marine Aviation Detachment; Aviation Electrician First Class Karl S. Lindeman and Aviation Structural Mechanic (Safety Equipment) Second Class Daniel L. Douglas, Air Test and Evaluation Squadron THREE-ONE.

All candidates received a plaque from the Navy League, a gift certificate from Embry-Riddle Aeronautical University and a monetary check.

"It's a great evening for celebrating the outstanding service that each of these Sailors and Marines represent," said guest speaker Rear Admiral Walter M. Skinner, commander of the Naval Air Warfare Center Weapons Division.

The admiral noted that this was a milestone week in history for those who wore the uniform of America — a week marking the fourth anniversary of the launch of Operation Iraqi Freedom.

"As the anniversary approached, President Bush said -- Our country is fortunate that our mission is in the hands of America's finest citizens — the men and women who wear our uniform. And we know that the sacrifices our troops are making in Iraq today will lay the foundation of peace for generations of Americans to come," said Skinner.

"As we enter our fifth year, our United States Joint Forces Command has undertaken the initiative of providing individual augmentees, or IAs, to commanders around the world. This is a unique way to manage global forces, and with it comes unique challenges," Skinner continued.

IAs are people who have specific talents needed in the battle arena and are deployed as an individual, rather than with their units.

"Gentlemen, some of you have been there. Some of you will go. . . You may have been recognized with a campaign ribbon, a commendation medal, or even a Bronze Star or Purple Heart. But no matter

Continued on page 7

We Fund Dreams One Student at a Time

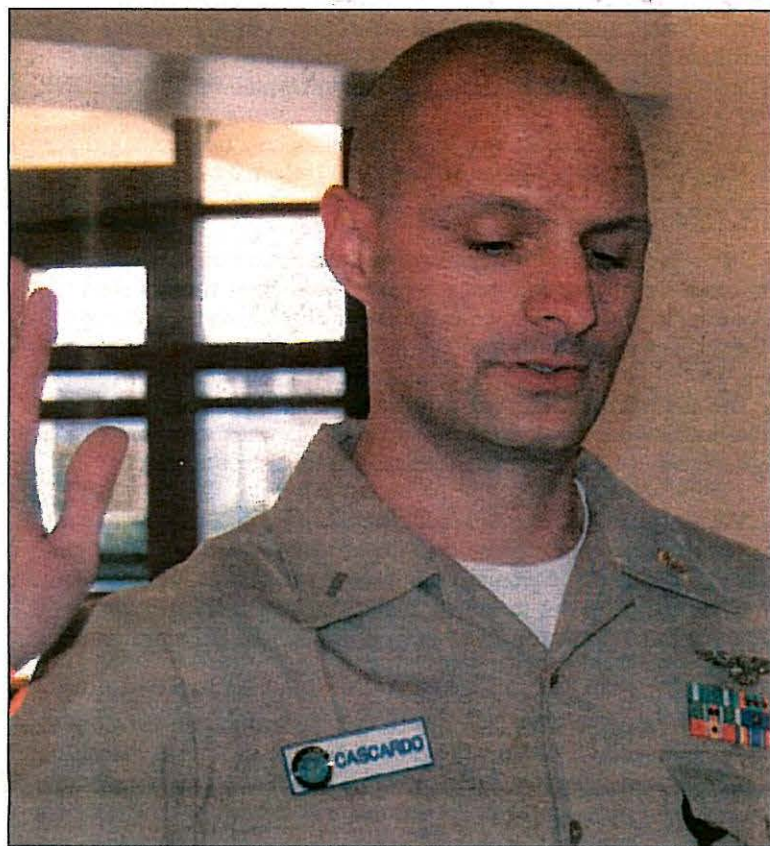
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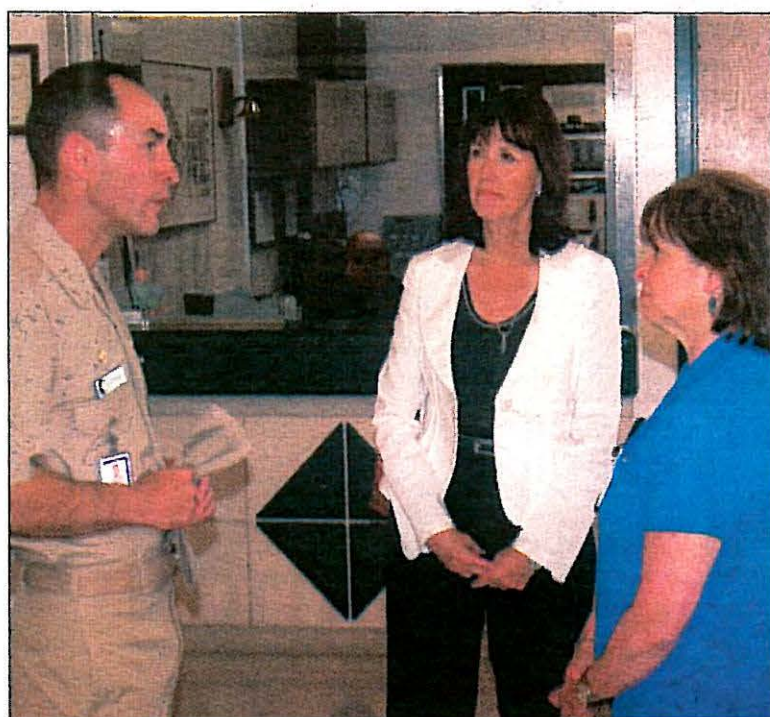
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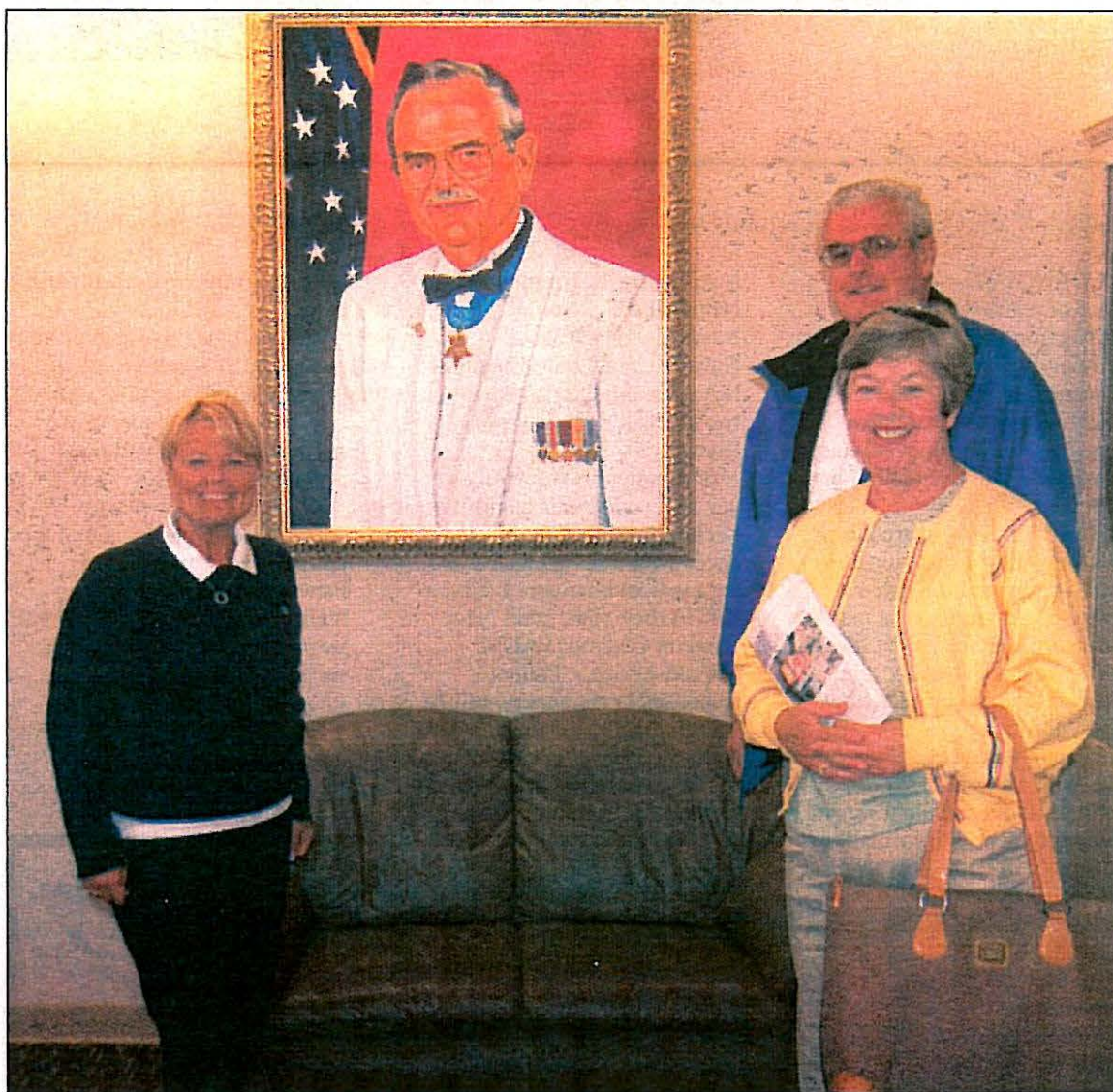
Lieutenant Neil Cascardo, takes the oath during his recent promotion ceremony at the hospital.



Commander Louis Valbracht, Mental Health, receives the American Flag during his recent retirement ceremony at the hospital.



Captain Mark Boman, Commanding Officer, greets, Mrs. Stone, center, wife of the Combat Center's Commanding General and Mrs. Magnus, right, wife of the Deputy Commandant of the United States Marine Corps, during a recent visit to the hospital.



Susan Ehle, left, daughter of Robert E. Bush, and Friends of Mr. Bush, Mike and Mary Ann Quigg, recently paid a courtesy call on the hospital.



CS3 Manuel Davila, Nutrition Management Department, receives a Navy and Marine Corps Achievement Medal.



CSSN Jason Graham, Nutrition Management Department, receives a Letter of Commendation



CS3 (AW) Kaydine Erskine, Nutrition Management Department receives her second Good Conduct Award.



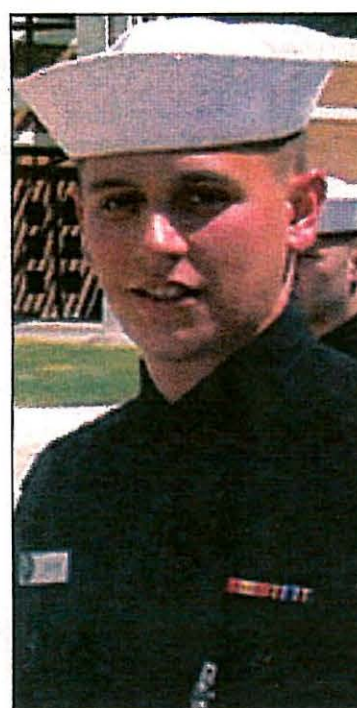
HM2 Peter Brandi, Multi-Service Ward receives a Flag Letter of Commendation from his previous command.



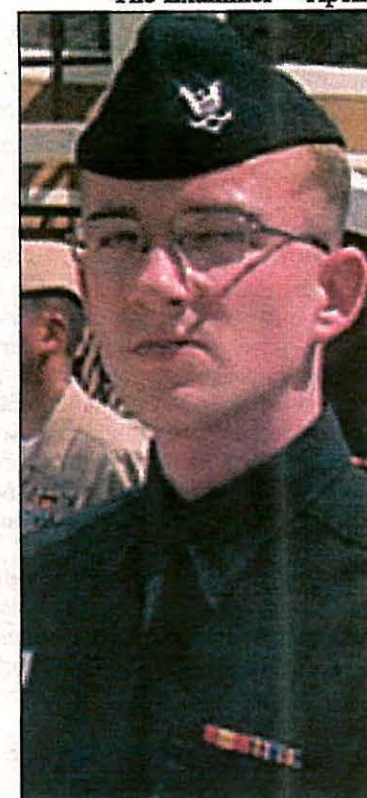
CSSN Gerald Winley, Nutrition Management Department, receives a Letter of Commendation



HN Julius Sagun, Pharmacy, receives his first Good Conduct Award.



HN Jordon Johns, Adult Medical Care Clinic, receives a Certificate of Appreciation.



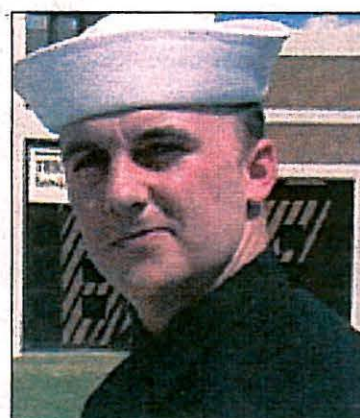
HM3 Mathew Gannon, Multi-Service Ward, receives a Toys for Tots Certificate.



HM3 Cody Thornton, Laboratory, receives a Flag Letter of Commendation.



HMC Alex Olazo, Human Resources Department, receives his Fifth Good Conduct Award.



HN Tyler Billings, General Surgery Clinic, receives a Letter of Appreciation.



Ms. Mildred Bulkley, Patient Administration Department, receives a Five Year Federal Length of Service Award.



HM3 Shane Horner, Emergency Medicine Department receives a Toys for Tots Certificate.



HN Manuel Delarosa, Adult Medical Care Clinic, receives a Letter of Commendation.



HM2 (FMF) Jerry Huges, Bio-Med Equipment Repair, receives his third Good Conduct Award.



HM3 Jarrod Moran, Primary Care Clinic, receives a Certificate of Appreciation.



HM3 Charles Casler, Emergency Medicine Department, receives a Toys for Tots Certificate.

Doctors Day 2007 Promotes Importance of Quitting Smoking Before Surgery

CHICAGO - Smokers have heard all of the reasons for quitting before: smoking increases their risk for lung disease, heart disease and cancer, and the habit will literally take years off their life. But one reason to quit may not be as well known— smokers require special consideration when undergoing anesthesia for a surgical procedure.

The effects of smoking-related diseases increase the complications faced by patients during and after surgery, and can complicate anesthesia management. Still not convinced? Those who quit smoking before surgery also will heal faster and have less likelihood of complications such as pneumonia, heart trouble and wound infection.

Physicians can be influential motivators to help patients quit smoking as they prepare for surgery. Seeing an opportunity to further contribute to their patients' optimal health and safety, the American Society of Anesthesiologists (ASA) has formed the Smoking Cessation Task Force to develop and train anesthesiologists to help their patients quit smoking.

Because of their specialized medical training, anesthesiologists are essentially heart and lung specialists when it comes to caring for the surgical patient. It is their job to monitor and manage the patient's breathing, blood pressure and heart rate among other body functions during the procedure. For smokers this presents challenges that do not exist for non smokers.

"Physicians, particularly anesthesiologists in pre-surgical consultations, should ask all patients if they are smokers, and if they are, explain to them the risks they face during surgery and recovery. We can then refer them to the many quitting and treatment options that are available," David O. Warner, M.D., chair of the ASA Smoking Cessation Initiative Task Force said. "Smoking is the largest preventable cause of illness and premature death in the United States. Even just a few minutes spent by a physician in advising smokers to quit can be effective."

Last month communities throughout the United States celebrated the national observance of Doctors Day. While physicians in all specialties and primary care medicine are honored, Doctors Day was first observed because the efforts of one physician whose endeavors specif-

ically relate to the specialty of anesthesiology.

On March 30, 1842, Crawford W. Long, M.D., of Jefferson, Ga., administered the first ether anesthesia to James Venable and then operated to remove a tumor from the man's neck. The man would swear later that he felt nothing during the surgery and was not aware it was over until he awoke. Dr. Long's history-making achievement on

Continued on page 7

Ways To Save Money This Tax Season

By Jenna Holtz
TriWest Healthcare Alliance

Uncle Sam is giving us until Tuesday, April 17 to mail in our federal tax forms this year. It's the result of a quirky collision between April 15 being on a Sunday, and Emancipation Day, a new legal holiday -- only in the District of Columbia -- on Monday, April 16.

Regardless of what deadline you set for yourself, you might get a healthier return by tracking your medical expenses through your TRICARE explanation of benefits (EOBs).

In order to maximize your medical expense deductions for the 2006 tax season, collect the EOBs for each TRICARE beneficiary in your family.

Registered beneficiaries on www.triwest.com can access their EOBs by logging in to their secure TriWest account. From the Personal Profile, click on 'Claims' and select the appropriate 'EOB' button. If you are not currently a registered user on www.triwest.com, register today! <link to <https://www.triwest.com/triwest/unauth/content/registration.asp>>.

What Qualifies as a Medical Expense?

The Department of the Treasury, Internal Revenue Service defines

Continued on page 7

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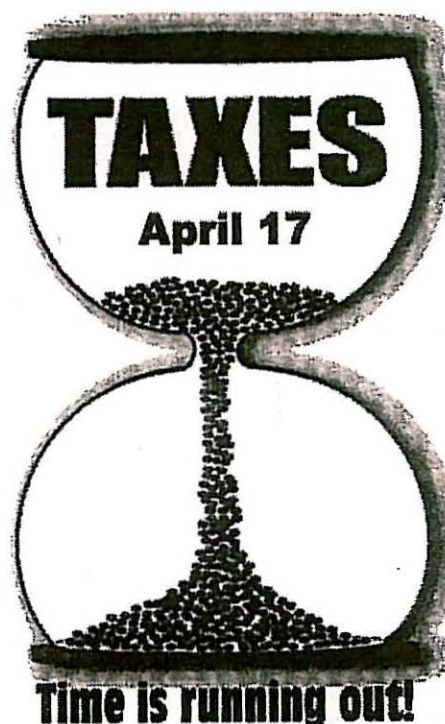
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Headaches: The Chiropractic Drugless Solution

By Dr. George Sargetis DC
QME CCEP, Chiropractor
Robert E. Bush Naval Hospital

Head pain is very common. It is estimated that one out of six persons suffer from chronic migraines or severe headache pain, in severe cases, special testing may be required.

Of the varieties of headaches, many are caused by spinal dysfunction. These types of headaches are called cervical-genic and originate from the neck. In these cases the pain usually starts in the neck, typically either at the right mid neck or left upper neck next to the skull. People suffering with these types of headaches may have a history of neck trauma (car accident, falls or head trauma). The spinal trauma may also be subtle and not easily recognized or identified. These people usually make sense of their condition when they realize the connection. For example eight hours of computer work leads to muscle spasms followed by burning pain along the shoulders -- neck stiffness -- neck pain with progressive pain along the back of the head followed by later stages of pain around the temple and in severe cases visual disturbance. Medication provides temporary relief in many cases but does not correct the spinal problem.

The Chiropractic approach first looks for related spinal pain, spasm or edema in conjunction with subluxated vertebrae that are 'fixed or stuck' and not mobile. Irritation of nerves that exit between vertebra will cause the head pain. By identifying and adjusting the problem vertebrae and soothing surrounding tissues with ice, Laser therapy, or ultrasound, the head pain is alleviated and spinal correction is achieved.

Don't lose hope with your headaches. You have options! In fact in a major 1995 study a group of patients who under-

Continued on page 8

PREVENTING STD...

Continued from page 2

your "ABC's":

A= abstinence (not having sex of any kind). Not having sex, including vaginal, anal or oral sex, is the safest way to avoid getting an STD.

B= be faithful. Being in a sexual relationship with only one partner who is free of an STD and is also faithful to you limits your number of sexual partners and the chance of infections.

C= condoms. Condoms should be used for any type of sex with every partner. If your partner has (or might have) an STD, including HIV/AIDS, use a condom. Condoms are a good way to prevent HIV infection and many STDs and are also a good form of birth control.

SAVE MONEY...

Continued from page 6

medical expenses as the "costs of diagnosis, cure, mitigation, treatment, or prevention of disease, and the costs for treatments affecting any part or function of the body." They include costs of equipment, supplies, and diagnostic devices. Dental expenses are also considered medical expenses. Fees for eye exams, eyeglass frames and lenses, and contact lenses are also eligible for tax deductions.

Medical care expenses must be used primarily to alleviate or prevent a physical or mental defect or illness. They do not include expenses that are merely beneficial to general health, such as vitamins or a vaccination.

Medical expenses include the premiums paid for insurance that cover medical care expenses, and the amounts paid for transportation (mileage) to get medical care. They also include amounts paid for qualified long-term care services and limited amounts paid for any qualified long-term care insurance contract.

So, collect your records now, and enjoy the extra deadline. For more information, visit the beneficiary portal at www.triwest.com, or call 1-888-TRIWEST (874-9378).

DOCTORS DAY...

Continued from page 6

that day, and the continuous efforts by physicians to alleviate human suffering in the 165 years since then, have become the basis for celebrating Doctors Day each year.

According to ASA President Mark J. Lema, M.D., Ph.D., "The advances in anesthesiology since Dr. Long's historic event have resulted in a medical specialty comprising highly trained specialists dedicated to treating patients before, during and after surgery, encouraging their overall health and safety through surgery and into recovery. Efforts of groups such as the Smoking Cessation Initiative Task Force exemplify that focus on the patient."

Many patients may find that surgery is an opportune time to quit for good. Patients will not be allowed to smoke while in the hospital, and there are a variety of resources available during their recovery ranging from counseling sessions to replacement therapies such as nicotine patches, gum and lozenges to ease withdrawal symptoms. New research also shows that most people are free from cravings for cigarettes around the time of surgery.

Patients should inform their anesthesiologist, surgeon and primary care doctor of their decision to quit. The medical team can then coordinate surgical plans and assist the patient with treatment options.

"As anesthesiologists, we witness every day the destructive consequences of smoking and are especially aware of the benefits patients experience when they make the choice to quit," Dr. Lema said. "ASA encourages its members to move beyond traditional roles and serve as patient advocates, helping to keep our patients healthy not only through surgery and recovery, but for the rest of their lives."

Founded in 1905, the American Society of Anesthesiologists is an educational, research and scientific association with 42,000 members organized to raise and maintain the standards of the medical practice of anesthesiology and improve the care of the patient.

BHC SAILORS TAKE TOP HONORS...

Continued from page 3

what you wear, America recognizes the training, leadership and courage you use to make a difference," Skinner said.

Skinner then recognized the Navy Leagues — and how they serve and stand with all the U.S. sea services to support and improve the well being of American service personnel and their families. "Navy League members are recognized for their integrity, patriotism and community service," said Skinner.

"So, to the Navy and Marine Corps Bluejacket candidates, those three values I just mentioned that are embodied by the Navy League are just a few of the many reasons you were chosen to be here tonight. . . You make us all proud. . . To your families I say thank you. Thanks for giving us these men of excellence. Thanks, too, for your willingness to stand with our communities in support of the cause of freedom. . . You deserve the recognition you receive tonight. The honor it represents is another thread in the fabric of your journey. Continue to wear it well. Congratulations," concluded the admiral.

The night continued with another surprise. Johnson took

the opportunity to publicly propose to his girlfriend — Kelsi Miles — who is now his fiancée.

Steve Goad, president of the local Navy League, thanked all the sponsors whose donations provided the gifts given to the Bluejackets. Major donors, \$500 or more, include: AltaOne Federal Credit Union; Benz Sanitation; Boeing; Booz Allen Hamilton; CACI; Coldwell Banker Best Realty; CSC Applied Technology

Division; DCS Corporation; Embry-Riddle Aeronautical University; L-3 Communications, Government Services Inc.; Lockheed Martin; Jon McQuiston, First District Supervisor; New Directions Technologies, Inc.; Ratheon Company; Rotary Club of China Lake; Shel Simonovich, MGySgt, USMC (RET); and wyle Laboratories.

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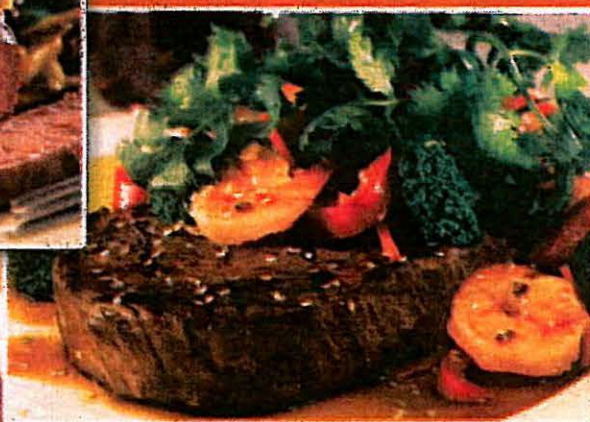


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TriWest's Interactive Map brings Help

PHOENIX (Mar. 20, 2007) -- Service members returning from the war in Iraq, now have a new resource to help them and their family members deal with the unique set of re-adjustment challenges they face. In a proactive approach to preventing, identifying and treating post deployment issues, TriWest Healthcare Alliance launched an interactive behavioral health resource map on www.triwest.com where visitors simply click on their state and view a list of National and local, civilian and military behavioral health resources. This provides a fast and easy way to get help and information to those who need it no matter what time of day or where they are located.

"Being a military Service or family member can sometimes bring emotional and mental health challenges, requiring support from outside sources," said Blake Chaffee, TriWest's vice president of Integrated Health Care Services. "In response to this need, TriWest launched this interactive map featuring nearly 150 resources. This is especially useful for military health care beneficiaries in rural communities who otherwise would not have immediate access to behavioral health resources."

To access the interactive map, visit www.triwest.com, click on Behavioral Health, click on "Access Local & National Resources," and when you see the map, click on your state for a list of resources.

Beneficiaries who need help or know of someone who needs help -- from emotional support, to counseling, financial help, or other family support -- should visit the Behavioral Health portal which features tools to pinpoint and address common military behavioral health issues, including PTSD, depression, substance abuse, and much more. TriWest recently expanded the portal to include a focus on Child/Adolescent issues, including information on depression, sleep, ADHD and other behavioral health problems a child or teen may experience as a result of a parent's military deployment.

TriWest also staffs a toll-free crisis hotline at 866-284-3743, offering assistance 24-hours a day.

As part of their Help from Home program, the Behavioral Health Portal is only one of the ways TriWest is helping Service members and their families deal with the pressures of serving our nation. Help from Home proactively addresses the daunting challenge of helping military Service members and their families cope with deployment-related issues. In particular, National Guard and Reserve members and their families often have limited access to behavioral health resources that are otherwise available to their active duty counterparts. Help from Home integrates several distinct, yet integrated programs designed to educate, assist and expedite support:

- * National Guard and Reserve Family Readiness centers;
- * provider education seminars about combat stress identification and treatment;
- * sponsorship of emotionally supportive summer camps for children of deployed Service members;
- * a variety of behavioral health pilot programs;
- * free Getting Home DVDs with post-deployment readjustment advice and information.

CHIROPRACTIC...

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went Chiropractic care found headache relief and higher levels of energy in comparison to patients who used drugs.

Active duty members who suffer from chronic headaches, can see their medical officer who can then process the Chiropractic referral. I have treated this condition for more than 23 years. The Chiropractic Clinic is located on the 3rd deck with General Surgery and Orthopedics.

Dr. Sargetis and staff are available for any questions by calling: (760) 830-2070

Clinic Hours: Tuesday and Thursday 7:45 a.m. to 4 p.m., Wednesday noon to 4 p.m.